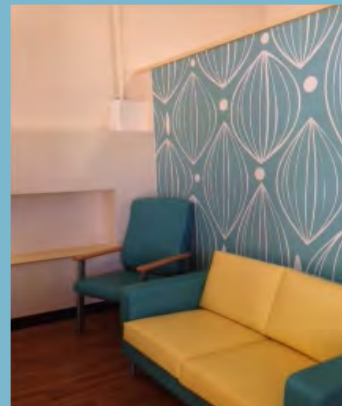
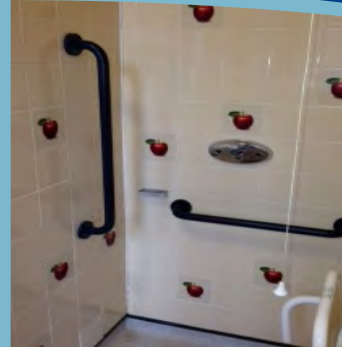


# GM Building & Property Services



**Creating Dementia  
Friendly Environments**  
“how everyone matters”

# Enhancing the Environment for Dementia, Intermediate and End of Life Care – “how everyone matters”

## Overview:-

Being admitted to a hospital, care home or support facility can be a frightening, confusing experience and may cause agitation, disorientation and distress. Anxiety is also increased due to unfamiliar surroundings.

At GM Building and Property Services we understand that choosing a theme everyone will understand is not only important but challenging. Our Project Managers will visit your organisation, capture your brief and design and build (if required) an innovative and bespoke environment suitable for patients with dementia, intermediate or palliative care needs.

Our Project Managers have been fully trained by the Kings Fund and hold between them 47 years' experience of working within the NHS and 35 years of project management experience. The construction manager has 25 years' experience in all aspects of construction and property services.

Extensive research has been undertaken to achieve the best possible environment for these patients and we are committed to refining the way vulnerable adults are cared for in making their stay in hospitals and community facilities as stress free as possible.

## Aim:-

To work and engage with you and your clients to reduce the disorientation and frustration of patients, by creating and providing them with a more homely and welcoming experience when they are brought into an unfamiliar environment.

## Objectives:-

- To support our clients vision and values
- Understanding the complex, physical, mental health, emotional and spiritual needs of a person with dementia, intermediate and palliative care
- Ensure a person-centred approach that respects the individual and the things that matter to them and their families
- To commit to create an environment that is adapted for vulnerable adult's and that maintains safety and maximises wellbeing
- To ensure that we capture and deliver a signed off brief

## Dementia:-

800,000 people have dementia in the UK. Over the next fifteen years that figure is expected to rise by 38%. 60% of all acute beds are occupied by someone over the age of 65 and 40% of those have dementia.

With a diagnosis of 1 in 88 people in the UK having dementia this will affect everyone at some point of their lives, whether it is a relative, friend or carer. No two people will have the same symptoms and diagnosis of dementia can be difficult particularly when it's in its initial stages. There are over 17,000 younger people under the age of 65 in the UK who have dementia and therefore it is imperative that we start to help create environments that new and existing generations will relate to.

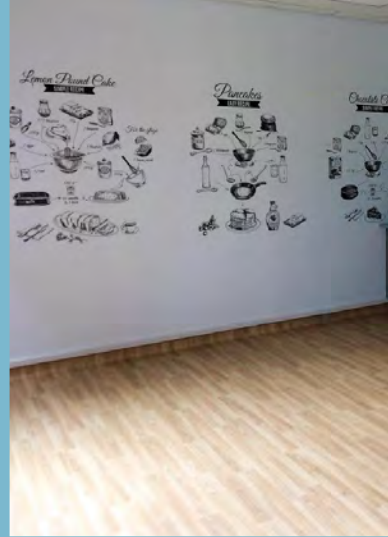
The ability to change how we look after families coping with this diagnosis is crucial and the re-design of acute and intermediate care settings supports this theory.

## Patients may:-

- be confused in an unfamiliar environment
- become restless and distracted
- have difficulty seeing handrails, toilet seats or doors
- avoid stepping on shadows or coloured strips on flooring (looks like change of level)
- resist walking on shiny flooring (looks wet or slippery)
- have a reduced tolerance for sound and feel anxious with unfamiliar noises
- feel curious and want to walk around

Our improvements include changing décor to make individual bays on wards distinctive and easily recognisable to the patient; swapping white fixtures and fittings in bathrooms for coloured ones to help with depth perception and revamping nursing stations to enable nurses to care more effectively for patients, provide orientation clocks which depict different versions of time (12 hour, 24 hour, clock face and digital) including rotating pictures of seasons and personalised welcoming greetings.







Extending existing buildings, with a conservatory or garden, for patients and their families to enjoy helping to reduce anxiety and promote stimulation.



Activity and dining areas can be created to provide a space whereby patients can take part in games, therapies and are able to eat their meals in a proper dining environment rather than in bed. They are designed to help with memory and creativity, such as reminiscence and music therapy as well as memory pods in the design of cinema screens, 1950's & 1970's style living room scenes etc patients and their relatives are then able to watch movies from their genre or their own personalised home family movies.



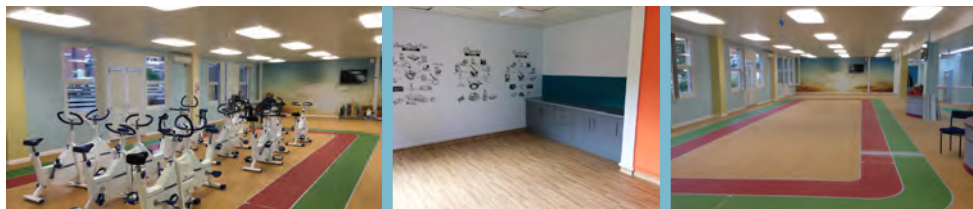
## Intermediate Care:-

The population is getting older. Already two out of three hospital patients are 65 or over and intermediate care is an important way of improving services for the elderly.

The intention of intermediate care beds is to free up hospital beds for more appropriate use. For older people, about 20% of bed days could be termed inappropriate, if alternative facilities were in place. As well as representing poor care for patients, keeping patients in hospital beds longer than necessary is also expensive - costing up to £1,200 per bed per week.

Having access to intermediate care beds with home from home facilities encourages patients to start thinking and taking actions to get them back home safely.

Intermediate care is an important concept in health care, which may offer attractive alternatives to hospital care for elderly patients.



## Palliative Care:-

The World Health Organisation (WHO) has defined palliative care as the active total care of patients whose disease no longer responds to curative treatment. Control of pain, other symptoms and of psychological, social and spiritual problems is paramount. The goal of palliative care is achievement of the best possible quality of life for patients and their families.

Palliative care is a type of medical treatment that focuses on improving the patient's quality of life by lessening pain and discomfort. Palliative care does not attempt to cure patients; rather, this type of treatment makes life more comfortable for people with serious, life-threatening or chronic conditions.

At the end of a patient's life, palliative care may be the only treatment available. However, patients can begin palliative care as soon as they are diagnosed with a serious illness, and this is made easier performed in a dedicated area, using calm and peaceful themes. With also the possibility of an outside space dedicated to this care.

Whatever your organisation requires, GM Building and Property Services can promise to support and provide you with professional advice, the latest ideas and facilities for these themes to support vulnerable patients. We are here to show always "How Everyone Matters".





**For further information or a no obligation  
free consultation contact us on:**

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